

Amendments to Claims

This listing of claims will replace all prior versions of claims and listings of claims in the application:

1. (original) A washable protective pad for incorporation into a garment, the pad comprising:

a. an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and

b. a compressible insert at least partly disposed within the chamber such that part of the seal holds the insert.

2. (original) A pad according to claim 1, wherein part of the insert is stuck to an interior surface of the envelope.

3. (original) A pad according to claim 1, wherein part of the insert is stuck to the envelope by an adhesive.

4. (original) A pad according to claim 1, wherein part of the insert is stuck to the envelope by a weld.

5. (original) A pad according to claim 4, wherein the weld is a radiofrequency induced weld.

6. (original) A pad according to claim 1, wherein the envelope includes a coated fabric.

7. (original) A pad according to claim 1, wherein the envelope includes a plastic.

8. (currently amended) A washable protective pad for incorporation into a garment, the pad comprising:

a. an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and

b. a compressible foam insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert, wherein all foam in the insert is open cell foam and the seal is unbroken.

9. (original) A pad according to claim 8, wherein part of the insert is stuck to the envelope by an adhesive.

10. (original) A pad according to claim 8, wherein part of the insert is stuck to

the envelope by a weld.

11. (original) A pad according to claim 10, wherein the weld is a radiofrequency induced weld.

12. (original) A pad according to claim 8, wherein the envelope includes a coated fabric.

13. (original) A pad according to claim 8, wherein the envelope includes a plastic.

14. (currently amended) A washable protective pad for incorporation into a garment, the pad comprising:

a. an air-impermeable envelope, the envelope comprising a sheet folded upon itself, the edges of the sheet joined by a seal, the sheet defining a chamber; and

b. a compressible foam insert at least partially disposed within the chamber, wherein all foam in the insert is open cell foam and the seal is unbroken.

15. (original) A pad according to claim 14 wherein at least part of the insert is stuck to a wall of the chamber.

16. (original) A method for protecting a portion of a body from a force, the method comprising:

a. providing a protective pad, the pad comprising,

i an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and

ii a compressible insert at least partly disposed within the chamber such that part of the seal holds the insert; and

b. incorporating the pad into a garment, the pad incorporated such that the pad is disposed between the portion of the body and the force when the garment is worn.

17. (original) A method according to claim 17, wherein the portion of the body is a bone.

18. (original) A method according to claim 17, wherein the portion of the body

is a patch of skin.

19. (currently amended) A method for protecting a portion of a body from a force, the method comprising:

- a. providing a protective pad, the pad comprising
 - i an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and
 - ii a compressible foam insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert, wherein all foam in the insert is open cell foam and the seal is unbroken; and
- b. incorporating the pad into a garment, the pad incorporated such that the pad is disposed between the portion of the body and the force when the garment is worn.

20. (original) A method according to claim 19, wherein the portion of the body is a bone.

21. (original) A method according to claim 19, wherein the portion of the body is a patch of skin.